



ABSTRACTS: VOLUME 8, SPECIAL ISSUE {8th Undergraduate Conference}

ASSESSING THE VALIDITY OF A SINGLE-ITEM MEASURE FOR PROBLEMATIC INTERNET USE IN ADULTS: EVIDENCE FROM SAUDI ARABIA

Juliann Saquib¹, Mohamed Ghaith Al Abdin¹, Mohamad Ayham Muqresh^{1,2}, Idris Sula³, Fathin Ahamed Lebbe¹, Mansour Alsoghair^{1,4}, Abdulrahman Almazrou¹, Nazmus Saquib¹

Supervisor: Nazmus Saquib¹

¹ Department of Clinical Sciences, College of Medicine, Sulaiman AlRajhi University, AlBukayriyah, Qassim, Saudi Arabia

² Department of Internal Medicine, Dr. Sulaiman Al-Habib Medical Group, Riyadh, Saudi Arabia

³ Department of Medical Laboratory Sciences, College of Medical Applied Sciences, Sulaiman AlRajhi University, AlBukayriyah, Qassim, Saudi Arabia

⁴ Department of Family and Community Medicine, College of Medicine, Qassim University, Buraidah, Saudi Arabia

Abstract:

Background: Internet addiction (IA) is a universal health problem that is linked with a negative impact on mental, physical, and social health, especially among the young population. The prevalence of IA is accelerating dramatically in Saudi Arabia; this surge contributed to an alarming rise in IA, particularly among adolescents.

This study **aims** to determine the prevalence of IA among adults from four different cities in Saudi Arabia and to investigate the validity of a single-item self-rating measure against Young's Internet Addiction Test (IAT). Moreover, to assess the association between the IA and mental, physical, and social health.

Methods: A cross-sectional study of 1429 adult participants was conducted in four cities of Saudi Arabia (Riyadh, Jeddah, Dammam, and Buraidah) to assess internet use, lifestyle, and self-reported health by using a validated questionnaire. IA was measured using both single-item self-rating and the validated Young's IAT scale. The study was conducted via online interviews with the participants by the senior students of Sulaiman AlRajhi University. A univariate logistic regression identified the significantly associated factors.

Results: The single-item measure showed good validity when compared with the IAT. The best overall accuracy, 85.1%, was observed at an IAT cut-off score of 50 or above when "definitely addicted" was used as the threshold. In addition, construct validity findings supported the usefulness of the measure. Participants who identified themselves as "definitely addicted" had significantly greater odds of reporting multiple symptoms, including headache and nervousness, as well as prolonged screentime of 9 or more hours per day, compared with those who considered themselves "not addicted."

Conclusion: Internet addiction is a global dilemma that should be taken seriously. It is highly prevalent among Saudi adults. Single-item self-rating can serve as a rapid screening tool; however, it may underestimate true addiction rate. The results highlight the importance of early detection of internet



PalStudent Journal
A Palestinian Scientific Journal for the Youth



addiction, and a comprehensive assessment is crucial to guide preventive interventions as well as targeted interventions.

Key words: Internet addiction, Saudi Arabia, single-item self-rating validity, physical health, mental health, social health, Young's IAT.